

TEAM Nutrition



GREAT STORIES AND BEST PRACTICES

Great stories and best practices abound in South Dakota this spring. Some of the best activities include:

- Soda pop machines standing unused in some schools or filled with water and juices in others
- Teens directing younger classmates through sessions at an all-school health fair
- Little Debbies removed from the ala carte

line replaced with granola bars and dried fruit

- After school programs teaching healthy eating and simple food preparation skills
- Students walking 15 minutes per day to prevent diabetes
- School cafeteria decorated with beautiful (or funky) murals and round tables to promote a relaxed atmosphere
- Students involved in the decision to remove

pop and in deciding replacements for it

- A K-5 fun run through a local park
- Taste testing of new fruits—kiwi and honeydew
- Schools applying for the HealthierUS Schools Challenge
- Food service directors being mentored by veteran directors to learn new skills
- A list of healthy snacks sent home to parents as suggestions for



Making progress at Pierre Middle School! Those are NOT Little Debbies in this rack!

- Crispy Rice Bars
- Oatmeal Cookies
- Chewy Granola Bars
- Pretzels
- Fruit Chews

RECESS BEFORE LUNCH Playtime before lunchtime!

Research from the Montana Recess Before Lunch pilot study says to include recess before lunch as part of your wellness policy. Benefits:

- *Low cost to implement
- *After a morning of classes, kids are ready to play
- *Improved cafeteria atmosphere—students are more relaxed and fo-

cused on eating rather than the playground, less supervision in the cafeteria, students have improved behavior

- *Fewer classroom discipline problems—students are calmer when they return to the class.
- *Increase in classroom time on-task—students return to the classroom ready to learn
- *Increased milk, vegeta-

ble and entrée consumption—less plate waste (down 40% to 27% in one study), increased nutrient and fluid intake (35% increase in calcium-rich foods and significant increases in vitamin- and mineral-rich foods), decreased number of nurse visits. For more information visit <http://www.opi.state.mt.us/schoolfood/recessBL.html>

TEAM Nutrition is a program of Child and Adult Nutrition Services—DOE in cooperation with Cooperative Extension Service, SDSU.



Take the HealthierUS Schools Challenge
<http://www.fns.usda.gov/tn/HealthierUS/>

> A helpful survey to use for gathering information at your school for the HealthierUS Schools Challenge will soon be available on the SD TEAM Nutrition website: <http://www.state.sd.us/deca/CSCF/CANS/Nutrition/index.htm>
It is titled "Nutrition and Health Curriculum Survey".

Thanks Becky Jensen

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Karlys Wells Editor	



BEVERAGES IN SCHOOLS

Soda pop in schools has come under criticism by those concerned with children's health. The Food Trust of Pennsylvania with USDA support has addressed this issue. Some documentary from their website includes:

Industry Claim:

Schools will lose revenue if sodas and other sweetened drinks are removed.

Counter:

Schools across the nation have proof that revenues do not decline for schools. Because soda is cheaper to produce than fruit juice or even spring water, the soda industry has a higher profit margin with these beverages. But for schools, beverage sales often go up when a healthy beverage policy is implemented.

Industry Claim:

Soda is a scapegoat. In

order to fight childhood obesity we need to focus on eating healthy and getting more exercise. It is unfair to single-out one product. Soda can be part of a healthy diet.

Counter: Consumption of soft drinks by children has risen dramatically over the last 30 years. While many strategies to increase exercise and improve student's diets must be considered, eliminating soda from schools is seen by medical experts as one of the most promising interventions in fighting the epidemic of childhood obesity.

Industry Claim: Fruit juice has the same amount of sugar as soda, so why limit one and not the other?

Counter: The goal of a healthy beverage policy is to replace non-nutritional beverages like soda with healthy



ones. Nearly 75% of American children are not receiving the USDA recommended five servings of fruits and vegetables daily. A student who is drinking fruit juice is getting needed nutrients.

Industry Claim: Soda should only be banned in elementary schools.

Counter: The rate of childhood obesity is rising faster among adolescents.

Consumption of soda and junk food by high school age students must be addressed to prevent obesity.

The changing landscape of a school cafeteria.

**Even the Coke machine
holds water!**

**Learn more about
the PA toolkit on
beverages in
schools and
access free
downloads at:**

**[http://
www.thefoodtrust.
org/php/programs/
school.food.bevera
ge.reform.php#tool
kit.](http://www.thefoodtrust.org/php/programs/school.food.beverage.reform.php#toolkit)**

GRANT ADVICE : *A Guide for Proposal Writing from The National Science Foundation*

A good proposal begins with a clear idea of the **goals and objectives** of the project. Consider **why it will be a significant improvement** over current practice. Envision what improvements your project will make, and

plan **what activities must be developed**, what instruments will be needed, or what coalitions must be formed to make the desired improvements. Focusing first on the goals and objectives helps ensure

that the activities are designed to reach those goals. Your project should be **innovative** within its context. It should not be designed merely to bring your institution up to the level of other similar

institutions. Mention **what work has been done in preparation** for the project, and describe specific attempts that have been made to try the proposed improvement on a small scale to demonstrate commitment to the project.

*Mickey's Place in the Sun
Grant and Grant Writing Resources*

<http://mickeys-place-in-the-sun.com/grants.html#Rural%20Funding>
Contains links to grants and grant writing information.



HEALTHY SCHOOLS NUTRITION ENVIRONMENT SURVEY

What is the status of nutrition policy development in schools in South Dakota? All schools must have a Wellness Policy in place by fall 2006. A survey was sent out to TEAM Nutrition schools to investigate the nutrition environment in many schools in South Dakota. Thanks to all those who completed their survey. The results from 48 surveys of school policies show these general findings:

The good news :

3/4 of reporting schools serve menus that meet planning principles and include healthy food choices

60% of schools restrict vending machine use during lunch

Food service staff are trained and kept up-to-date at all but a few schools

Students are served quickly and dining areas are inviting in nearly all of the schools

Students do participate in school lunch and breakfast programs

Socializing among students is encouraged at mealtimes and adults are said to serve as role models at 2/3 of the schools

80% of administrators are seen as completely or partly supportive of policies to improve school nutrition environments

Where to improve:

Only 9% of reporting schools having an active Team Nutrition group or health council

27% involve students and parents in decision-making about the nutrition environment

2/3 do not have policies about foods served at parties and social events

Only 11% encourage organizations to raise funds by selling non-food items

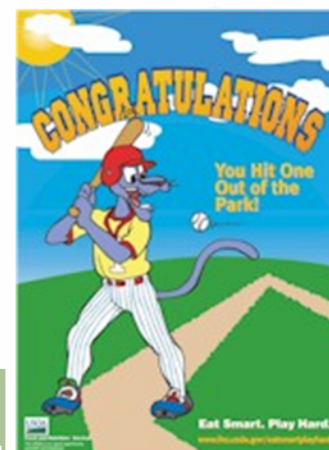
44% have no policy on encouraging parents to provide nutritious foods in bag lunches brought from home

About 1/4 of schools report scheduling elementary recess before lunch

Only 19% say children pre-K through 12 receive nutrition education

28% have nutrition and physical activity included in the daily program

About 1/2 of schools use food preparation techniques that lower fat, sodium, and sugar and offer healthy choices



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CONTACT

Amy Richards
Team Nutrition Director
amy.richards@state.sd.us
605-773-4718

Karlys Wells
SDSU Projects Coordinator
karlys.wells@ces.sdstate.edu
605-688-4039

Kris Sands
Healthy Schools
Coordinator
deansands@alliancecom.net

Thirty-six out of 48 schools said they have no activity or are in the developing stages for TEAM Nutrition groups to conduct nutrition education activities and promotions that involve students, parents, and community.



Child and Adult Nutrition Services
Department of Education
800 Governors Drive,
Pierre, SD 57501-2294
Office: 605-773-3413
Fax: 605-773-6846
<http://www.state.sd.us/deca/CANS/chm.htm>

